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Army Chief of Staff Honors WRNMMC's Adaptive Sports Specialist

Naranjo Recognized for Work with Wounded Warriors, Families

By Bernard S. Little
WRNMMC Public Affairs
staff writer

Harvey Naranjo, adaptive sports specialist and occupational therapy assistant at Walter Reed Bethesda, was honored by Army Chief of Staff Gen. Raymond T. Odierno during a Twilight Tattoo Awards Ceremony at Fort Myer, Va., Oct. 30.

Last week's ceremony, dubbed "The Salute from the Chief" Twilight Tattoo, was a special program hosted by Odierno recognizing five Americans, including Naranjo, for their outstanding service in support of the U.S. Army, service members and their families.

In addition to Naranjo, honorees included Tom Donohue, of the U.S. Chamber of Commerce; Suni Harford of Citi Salutes; Tom Werner, of the Boston Red Sox Foundation; and Bob Woodruff, of The Bob Woodruff Foundation.

Odierno said Naranjo "has committed his personal and professional life to serving our severely injured service members returning from war." The general added that the adaptive programs Naranjo was instrumental in establishing, "have allowed medical staff at Walter Reed [Bethesda] to harness patients' warrior and competitive spirit, allowing them to maximize rehabilitation and independence post-injury. Today, utilization of adaptive sports and recreation of military rehabilitation is now the model for treating combat wounded service members at all military hospitals, not only in the United States, but in England, where Harvey has also provided consult. The success of the adaptive sports program has also led to the development of the Uniformed Services University of the Health Sciences' Wounded Warrior Partnership as an elective for second-year military medical students."

Odierno said Naranjo's efforts not only impact the physical recovery of patients, but also their emotional and mental recoveries as well. "If you ask any wounded warrior at Walter Reed [Bethesda], they know who Harvey Naranjo is. They are quick to tell you of his impact on their recoveries, both physically and mentally."



Photo by Bernard S. Little

Army Chief of Staff Gen. Raymond T. Odierno awards Harvey Naranjo, Walter Reed Bethesda's adaptive sports specialist and occupational therapy assistant, the Outstanding Civilian Service Medal for the latter's support of the U.S. Army, service members and their families, during a special Twilight Tattoo ceremony Oct. 30 at Fort Myer, Va.

"My job is to rehab heroes," Naranjo simply says of his work as an adaptive sports specialist and occupational therapy assistant at Walter Reed National Military Medical Center (WRNMMC). "I'm fortunate to get to do that every day," he adds.

Odierno awarded the Outstanding Civilian Service Medal to Naranjo. In a personal letter to Naranjo accompanying the award, Odierno states, "Harvey ... your dedication to strengthening our

men and women who bear the scars of war with rehabilitative programs and services have had lasting positive impacts on the Army Family. Furthermore, your untiring efforts have improved their overall morale and increased the resiliency of our Armed Forces."

The citation accompanying Naranjo's award states he earned the honor "for outstanding Service to the United States Army Wounded Warriors and their families. As the Adaptive Sports

Program coordinator and Occupational Therapy Assistant, your tireless service, clinical expertise and dedication to wounded service members contributed directly to the success of warrior care at Walter Reed [Bethesda]. Your efforts in implementing innovative Adaptive Sports and Recreation programs for wounded service members improved treatment experiences and rehabilita-

See **WARRIORS** page 9

Our Efforts to Prevent and Respond to Sexual Assault

In three months serving as director of the 21st Century Sailor Office, I've seen our united, Navy-wide efforts to prevent and respond to sexual assault.

We've always known that this is a tough problem requiring concentrated focus and resources. There are no simple answers, no quick fixes and no easy solutions. Together we've made important strides, and as a team, we'll continue to change the Navy's culture to one that is intolerant of crimes like sexual assault and other destructive behaviors that hurt our readiness for warfighting.

Here's what we've learned so far, and what we're planning for this year:

1) Our prevention efforts continue to mature and improve.

- In the barracks, Sailors are standing additional watches and implementing roving patrols to help their shipmates and reduce destructive behaviors.

- Because we know there is a link between abuse of alcohol and destructive behavior, we continue our efforts to deglamorize alcohol and diminish its role.

2) Our ability to respond has improved thanks to new resources available to the fleet.

- In the last year, we grew our capacity to respond with 82 Sexual Assault Response Coordinators, 67 dedicated Sexual Assault Victim Advocates, 29 Victims Legal Counsel and 18 Deployment Resilience Counselors. They team with more than 5,000 collateral duty Victim Advocates to support our shipmates.

- Sailor feedback on training was heard loud and clear: 'stop the slides,' 'reduce the size of the groups,' and 'stop duplicative training.' Our new Bystander Intervention to the Fleet training, beginning this fall for all active and reserve Sailors, was created expressly with this feedback in mind. This new training will provide realistic, peer-led, interactive instruction to help Sailors recognize potentially harmful situations and how to safely intervene.

3) Timely and reliable numbers are still a problem.

- Survey data still indicates more assaults than are being reported are actually occurring. This reporting gap must be closed. We must reduce sexual assault in the Navy and increase the reporting of those assaults when they occur – this demands our united resolve.



- We are committed to stopping sexual assaults, but if they do occur, our earned trust and proven response systems create conditions for victims to report them. Reporting is the key to supporting the victim and holding the perpetrator appropriately accountable.

4) Sailor involvement and willingness to address the problem is growing.

- Members of our Coalitions of Sailors Against Destructive Decisions highlight the responsible use of alcohol, healthy lifestyle

choices and the importance of bystander intervention. Their leadership is critical to our united efforts in defeating destructive behaviors and truly represents our core values of honor, courage and commitment.

5) Future efforts and continued attention. Looking ahead to the next year, we will keep the press on.

- Make it easier to understand and comply with sexual assault prevention and response resources, policies and requirements. We will publish one easy to use document so Sailors and leadership no longer need to sort through numerous messages and instructions to understand and comply with prevention and response requirements.

- Improve our ability to identify data trends early so we can take appropriate action. We will continue to assess surveys/polls to determine suitability for providing more real-time or continuous information.

- Empower command leadership at all levels. Over the next year, we will enhance the ability of leaders to tailor their approach to prevention and response program education and awareness to better fit individual Sailor and unit needs while still meeting Navy-wide standards and requirements.

Our goal is straightforward: a Navy in which every Sailor understands what sexual assault is, how to play a role in prevention and how to report it; a Navy in which victims know they will be supported and everyone knows that perpetrators will be held appropriately accountable.

As with every challenge we've faced for more than 239 years, we are successful only when we pull together as one team. We need every voice and every Sailor's effort to help prevent sexual assault in our Navy.

Rear Adm. Rick Snyder
Director, 21st Century Sailor Office

Bethesda Notebook

Cancer Center Speakers

The John P. Murtha Cancer Center is sponsoring a Guest Speaker Program today from 7 to 8:30 p.m. The speakers will be Dr. Valencia Clay (palliative care physician at Walter Reed National Military Medical Center) and Dr. Jerry Waddell (psychologist and program director of the Palliative Care Service at WRNMMC). They will discuss "Quality of Life in Disease Progression." The program will be presented at WRNMMC in the America Building, 2nd floor, Rm. 2525 - above the pharmacy/lab) and at Fort Belvoir Community Hospital by video teleconference in the Oaks Pavilion, 1st floor, Room 332. A military ID is required for base access to WRNMMC on Naval Support Activity Bethesda. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Lung Cancer Summit

The John P. Murtha Cancer Center of Excellence at Walter Reed Bethesda hosts the Annual Lung Cancer Summit (registration required) on Nov. 14 from 8 a.m. to 3:45 p.m. in the National Intrepid Center of Excellence (NICoE) Building, first floor auditorium. For more information, call William Mahr at 301-400-1492.

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How Do You Commute? Take Annual Commuter Survey

By Mass Communication Specialist 2nd Class (SW/AW/IDW) Ashanté Hammons, NSAB Public Affairs staff writer

Staff members assigned to Naval Support Activity Bethesda (NSAB) are encouraged to participate in the annual commuter survey, which began Nov. 3 and continues until Nov. 30.

"The NSA Bethesda Commuter Survey helps us focus our energy for the following year on topics related to parking, roadways and alternative transportation," said Ryan Emery, NSAB's transportation manager. "This survey will be particularly helpful to understand commuting patterns as the installation will see several construction projects start, and key decisions will need to be made to accommodate these projects."

The annual commuter survey is accessible online at <https://www.surveymonkey.com/s/NSABSurvey>. It provides statistically significant information to generate viable data for review to the transportation office.

"I review the results of the survey, read each comment and take action on those that have the most consensus among the participants," explained Emery.

Once data is reviewed, Emery can actively investigate and address staff commuting concerns, realize current successes and further refine the programs, and understand areas in need of improvement in order to develop and implement strategies to assist.

"Several projects will start in 2015 that will impact roadways, parking and pedestrian walkways," Emery said. "One project in particular will be the construction of a new parking garage. Updates will be provided throughout the construction period. We should also see the MD 355 underground crossing project kick off sometime in 2015. NSA Bethesda will be



Courtesy photo

working to mitigate impacts from these projects and needs your input on the survey."

For more information or questions about the NSAB Commuter Survey, contact

Ryan Emery at ryan.emery@med.navy.mil or 301-319-3818.

Army-Navy Blood Donor Challenge Underway in Washington Metro Area

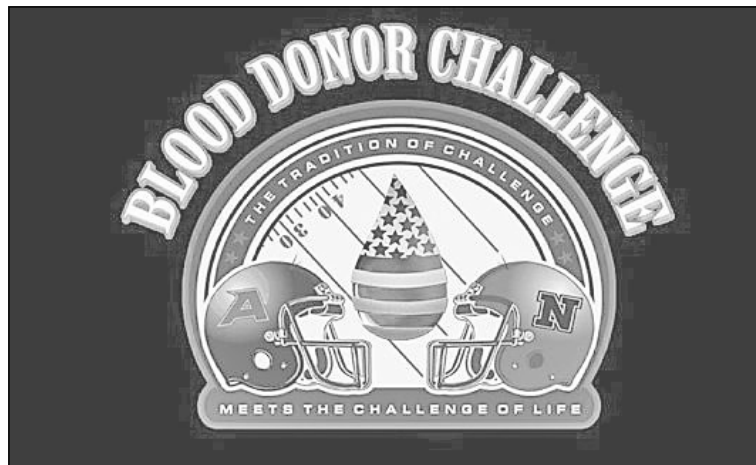
By the Armed Services Blood Program Office

The annual Armed Services Blood Program (ASBP) Army-Navy Blood Donor Challenge is officially underway. This year, the ASBP will conduct more than a dozen blood drives all across the Washington metro area where units collected will help determine which service will win bragging rights and a trophy for the most units of blood donated to the ASBP.

The challenge will be capped off with an on-field award to the winner during the third quarter of the Army vs. Navy football game at M&T Bank Stadium in Baltimore, Md., Dec. 13.

Navy Capt. Roland Fahie, ASBP director, noted that the famous Army vs. Navy rivalry is a great way to encourage donors to roll up their sleeves and donate blood. "Obviously, Sailors and Soldiers alike are all looking forward to the football game in December," Fahie said. "But the exciting part of this challenge is the amount of blood that is collected for the Armed Services Blood Program and how many lives can be saved because of those donations."

"Blood is a valuable re-



File photo

source that stands ready to support in a time of need," said Army Lt. Col. Audra Taylor, director of the Army Blood Program. "The timing of this challenge is key as we work together to support our Soldiers, Sailors, Airmen and Marines — both at home and abroad — during this holiday season. I challenge everyone to take advantage of this opportunity to support the Armed Services Blood Program."

This is the fourth year that the ASBP has conducted the challenge in D.C., Maryland and Virginia. In 2013, nearly 1,500 donors rolled up their sleeves and 827 units of life-saving blood were collected. The goal for the 2014 chal-

lenge is to collect 910 units of blood.

"The Navy Blood Program is fired up for the Army-Navy Blood Donor Challenge this year. We know how important blood donations are for saving lives, especially around the holidays when many donors are on leave," said Navy Cmdr. Leslie Riggs, director of the Navy Blood Program. "This is a great way to show support for your service and to help make sure that the Armed Services Blood Program can continue to provide safe, quality blood and blood products to service members, retirees and their families without interruption."

Over the course of the three

previous challenges, the Navy has taken a slight edge over the Army in terms of wins. The Navy won in 2011 and 2012, but the Army won in 2013. Which service will win this year? Only time will tell.

"I am looking forward to bringing the Army-Navy Blood Donor Challenge trophy back home to the Navy this year," Riggs said. "But we need all the support we can get from Navy donors to make that happen. Go Navy! Beat Army!"

The 3rd U.S. Infantry Regiment on Fort Myer, Va. — more commonly known as the "Old Guard" — was the Army location with the most donations during last year's challenge; and according to Army Col. Johnny K. Davis, regimental commander, the "Old Guard" is ready to battle for the win again. "We've already cleared a spot for this year's trophy," he joked.

"The regiment fully supports the ASBP and is ready to take on the Navy for this extremely important mission," Davis said. "I've seen firsthand how important blood transfusions are in saving lives. During combat operations in Afghanistan, many of my severely wounded Soldiers received blood transfusions from the ASBP, and it saved

their lives! The Army vs. Navy Blood Donor Challenge is a great way to promote and support the ASBP — they do so much for all the services and for our families."

The challenge kicked off Monday with the last blood drive Dec. 10. All drives are open to individuals with proper identification who are able to access the blood drive facility, unless otherwise noted. Future drives include:

- Monday, Nov. 10: USAMRIID Edgewood Arsenal, 9 a.m. to 1 p.m., Aberdeen, Md.

- Wednesday, Nov. 12: Site R-Camp David, Fire Station, 9 a.m. to 1 p.m., Camp David, Md. (closed to the general public)

- Thursday, Nov. 13: U.S. Naval Academy, Dahlgren Center, 3 p.m. to 8 p.m., Annapolis, Md.

- Monday, Nov. 17: Uniformed Services University of Health Science, Walter Reed National Military Medical Center, Sanford Library, 7:30 a.m. to 11:30 a.m., Bethesda, Md.

- Tuesday, Nov. 18: Navy Yard, Sail Loft Building 105/112, 9 a.m. to 2 p.m., Washington, D.C.

See **BLOOD** page 7

FFSC Hosts Domestic Violence Awareness Month Conference

By Mass Communication Specialist 2nd Class (SW/AW/IDW) Ashante Hammons
NSAB Public Affairs staff writer

Naval Support Activity Bethesda's (NSAB) Fleet and Family Support Center (FFSC) honored Domestic Violence Awareness Month (DVAM) by hosting an all day conference, Oct. 23.

This year's FFSC DVAM theme is "Voices No Longer Silenced: Understanding the Dynamics of Domestic Violence in the Military Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ) Community."

Clinical social worker Amelia Goodyear, family advocacy case manager at FFSC, stated that the purpose of the conference was to provide training to practitioners and supportive persons a learning opportunity

that related to both the topic of Domestic Violence Awareness, and the relatively new area of supporting LGBTQ military members.

"Because this population is newly recognized in regards to domestic violence within the military, we wanted to ensure that clinicians understood the dynamics of domestic violence in this community," explained Goodyear. "We hope participants learned important information about the unique aspects of domestic violence in LGBTQ relationships, as well as ways to assess such dynamics and intervene appropriately."

Keynote speaker Kristin Tucker, senior program manager and training and technical assistance program coordinator at the Northwest Network (an organization comprised of survivors of abuse working to end violence and abuse by building loving and equi-



Photo by Mass Communication Specialist 2nd Class Ashante Hammons

Kristin Tucker, Senior Program Manager, Training and Technical Assistance Program Coordinator at Northwest Network, addresses participants at Fleet and Family Support Center's Domestic Violence Awareness Month Conference in the Memorial Auditorium.

table relationships in our community and across the country) stated in her address, "Moving Beyond the Wheel: Domestic Violence in the LGBTQ Communities," that 2013 was "the first time that gender identity and sexual orientation have ever been protected under federal law."

"People of all genders need support to survive the impacts of domestic abuse," said Tucker. "Understand the impact of the historical and current biases and barriers LGBTQ people experience and the intersections with domestic violence. Be sure to center self-determination and be knowledgeable about resources in your area."

Tucker encouraged participants to do their research, read books, search online and build relationships with LGBTQ resources in their communities.

"Your comfort or lack of [it] with basic terms will directly impact the services you provide," said Tucker.

Coast Guard Veteran Meg Rapelye-Goguen, who currently works for non-profit organization Military Partners and Families Coalition, gave a lecture on "The Culturally Competent Provider First Responders' Training: Nuts & Bolts."

"I wanted to make sure there was a basic knowledge for everyone from talking about the overall community to the military community to the impact of "Don't Ask, Don't Tell" to serving under "Don't Ask, Don't Tell", for both service members and their families," explained Rapelye-Goguen. "Since it's such a recent repeal, the mindset really has affected service members."

Rapelye-Goguen focused on the various barriers to seeking help exist despite the repeal of "Don't Ask, Don't Tell." According to Rapelye-Goguen, these include stereotypes by first responders to abuse, threat of being "outed" to family and/or coworkers, tenuous legal rights protection, and child custody.

"In order to break down these barriers, be sure to make your values and policies clear," said Rapelye-Goguen. "Your establishment must participate in overall change by being visible with language and materials to say that you are a safe place."

Dr. Diana Williams, retired bishop, offered empowering words about being there to help others of the LGBTQ community with domestic violence issues and treatment. No matter what anyone's sexual orientation is, they are still a victim, according to Williams.

"Domestic violence is a real issue. Pain is pain," said Williams. "They have the right to seek treatment. When individuals are hurting and they come to see you, address their pain. Love, not judgment is what they seek."

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'Holiday Mail for Heroes' Goes Local

By Marin Reynes
American Red Cross Senior
Station Manager, WRNMMC

As the Holiday Mail for Heroes Program transitions from a national program to a local one, the National Capital Region Red Cross is encouraging those interested to participate in the initiative to brighten the season for troops injured and deployed.

Holiday Mail for Heroes is designed to provide service members, veterans and their families with cards and letters during the holiday season. The deadline for the Red Cross to receive Hanukkah, Christmas and Kwanzaa cards for the troops is Nov. 21.

People wishing to participant in the program are encouraged to mail or drop off the following items:

- 3 blank holiday cards (same holiday per bundle and no glitter)
- 3 blank envelopes with postage stamps
- 1 short message to the service member (do not included contact infor-

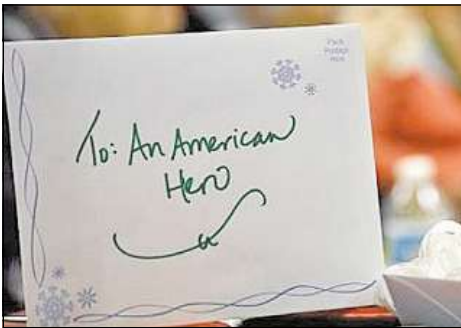


Photo courtesy of the Red Cross

mation, only first name)
• Bundled with a ribbon
Items should be dropped off or mailed to:

American Red Cross in the National Capital Region
8550 Arlington Blvd
Fairfax, VA 22031

For more information about the Holiday Mail for Heroes Program, follow the Walter Reed Bethesda's Red Cross station office on Facebook at www.facebook.com/RedCrossWRNMMC, or call 301-295-1538.

For more news from other bases around the Washington, D.C. area,
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Eat. Drink. Be Scary.

USO, Dandrea Family Host 2nd Annual "Nightmare Before Halloween" Costume Party

By Mass Communication Specialist 2nd Class (SW/AW/IDW)
Ashante Hammons
NSAB Public Affairs
staff writer

Princesses, villains, action heroes and favorite movie characters came together for a night of fun at the second annual Nightmare Before Halloween Costume Party Oct. 30 at the Naval Support Activity Bethesda USO Warrior and Family Center.

Former Marine Marcus Dandrea and his wife, Vicky, and Rachele Belt, programs coordinator at the USO, hosted the Halloween party for service members and their families who stay on base to come out and to have a good time.

"The first year we did this we realized that all the other holidays had parties and Halloween was the only holiday that didn't have one," explained Vicky.

The halloween party served as an alternative to trick-or-treating in the evening's cold weather. Instead of going door-to-door for candy, children and parents visited different tables to pick their favorite pieces of candy. They also played games, such as bobbing for apples, eyeball relay and beanbag toss.

"It's really a good diversion for the inpatients from being in their room all the time,"



Party attendees get their dance on at the "Nightmare Before Halloween" Costume Party at the USO, Oct. 30.

said Vicky. "A lot of people are inpatients; so [their day] kind of turns into going to an appointment and then back to the room."

As the night went on, spectators "oohed and awwed" over the various costumes worn by party attendees. They came together on the dance floor and showed off their moves. Towards the end of the evening, adults and children were encouraged to enter the costume contests for their age groups. Dino Horrilleno and his family joined the costume contests and they voted for everyone.

"I thought everyone had really good costumes," said Horrilleno. "It was our first time here at the USO Halloween Party and we had a really good time. We



"Captain America" plays a game of bobbing for apples at the "Nightmare Before Halloween" Costume Party Oct. 30.

hope to come back next year and have just as much fun!"

"We hope to come back every year and do it as long as they allow us to come back," said Vicky. "This party is run by veterans and not an organization. We want to come back as much as



Photos by Mass Communication Specialist 2nd Class Ashante Hammons

"Nightmare Before Halloween" Costume Party hosts Vicky and Marcus Dandrea take a photo with their daughter, Molly during the party Oct. 30.

we can to help out the rest of the warriors. We just want to hang out with them and show them a good time."

For more information about USO Warrior and Family Center Bethesda events, contact, Rachele Belt at rachele@usometro.org.

Prosperity Fair Promotes 'SMART' Goal Setting, Offers Resources

By Sarah Marshall
WRNMMC Public Affairs
staff writer

To help staff members achieve their goals and to educate them about the array of resources available at the medical center, a Prosperity Plan Fair was held Oct. 21 in Building 9.

Walter Reed Bethesda Director Brig. Gen. (Dr.) Jeffrey B. Clark employed the Prosperity Plan soon after taking command at the medical center last year, having successfully implemented it at several of his previous commands. The plan is intended to strengthen the well-being of staff, which is fundamental to the mission's success, the general explained in town hall meetings.

Staff members have been given a Prosperity Plan workbook in which they can specify their goals in four domains:

personal, professional, relationship and spiritual. They're encouraged to share their goals with leadership, friends and family, to assist in developing, pursuing, and tracking their ambitions. The Prosperity Plan Fairs, held quarterly, provide an opportunity for staff to learn about the many resources available to help achieve their goals in each of these areas, as outlined in their workbooks.

"This is a way to help folks identify what resources are available to them, and this is a way to help them develop their goals," said Lt. Cmdr. Michelle Tsai, one of the lead coordinators for the Prosperity Fair.

During last week's fair, the fourth at the medical center, Tsai said staff members were invited to share their goals, writing them on large posters on display. They were also encouraged to make "SMART" goals. "SMART" stands for Specific, Measurable, Achievable, Rel-

evant and Timeline, and these characteristics are key to successful goal-setting, she said.

Tsai explained goals should specify what a person hopes to achieve, and they should be measurable, to track the progress and measure the outcome. Additionally, goals should be achievable and relevant, in that they are attainable and realistic. They should also be close to your values, so you will be intrinsically motivated to achieve your personal goals, and you should give yourself a reasonable timeframe in which to achieve your goal, Tsai explained.

SMART Goal-Setting training was also held during the fair, to teach this strategy, and to help staff members prosper, she said.

Tsai added it's important to showcase the many resources at the medical center, so staff members can be aware of what's available to them. More



Photo by Sarah E. Marshall

A number of activities were on hand during Walter Reed Bethesda's Prosperity Fair Oct. 21 to offer information for personal, professional, relationship and spiritual fitness and well-being.

than 20 organizations and departments set up informational tables at the fair, handing out brochures and answering questions. Nutrition Services, the Civilian Human Resources Center, the American

Red Cross, Integrated Cardiac Health Project, Navy-Marine Corps and Army Emergency Relief, Addiction Treatment Services, Resiliency and Psy-

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Sailor Earns DAISY Award for 'Extraordinary' Nursing Care

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Walter Reed National Military Medical Center (WRNMMC) recently honored Navy Hospital Apprentice Esperanza Medina as the August DAISY Award Winner for extraordinary nursing care.

"This person stood out from all the rest. Every time this team member entered the room, it was with a smile, and that was very comforting. I knew that when this team member was on my team of nurses, I would be checked on and not just when it was time for vital signs or when I called for help," explained the patient nomination that secured the honor for the young Sailor.

The patient called Medina an exceptional individual who should be recognized for her selfless efforts. "This person watched over me in my time of need and I will forever be grateful for the care provided," the nomination concluded.

Medina began working at Walter Reed Bethesda in May, and said she was surprised when Navy Capt. Carolyn McGee, deputy director of nursing, announced her as a nominee for



Photo by Mass Communication Specialist 2nd Class Chris Krucke

Navy Hospital Apprentice Esperanza Medina takes the vitals of retired Air Force Master Sgt. Jimmie Plummer. She was recently recognized for providing "extraordinary" nursing care, earning the DAISY Award, presented by her colleagues at Walter Reed Bethesda during a ceremony on her ward.

the award along with three other of her 5-East nursing colleagues: Lt. j.g. Rachael Birmingham, 2nd Lt. Christina Suever and Dieudonne Kamora.

Medina said her fellow DAISY award nominees were "super-friendly" and all of them helped her when she arrived on 5-East. "I started working with Kamora when I first got

here and she helped me a lot," the Sailor said.

"I started here five months ago and I definitely was not expecting this [award]," Medina said. "I got really nervous."

The Sept. 30 DAISY Award ceremony was the first hosted by Navy Capt. Shirley M. Bowens, ambulatory clinics department chief of nursing, who pre-

sented the award to Medina.

"This is the first DAISY Award that I've had the honor to present," Bowens explained. "When you recognize peers you want to make sure you get it absolutely right. I wanted to make sure that this program would be a significant one for their professional growth and development."

With a nursing career that spans nearly 40 years, Bowens said nursing is a job that she would do whether someone thanked her or not; when they do, it's special.

"When you receive recognition from a patient that you care for, there's really no greater honor; there's no greater show of appreciation because that's what we're here for. That's why we chose nursing," Bowens said. "When patients share with you that they appreciate the care you've given or the education you've provided, or the coordination that you've provided in their services, that's exactly what we intended to happen when we went into the profession. And I think, for me, the elements of nursing excellence are care, compassion and competency so, if we have those things right, then we know that we are providing excellent nursing care."

McGee explained nominations for the DAISY Award can be submitted by patients, their families, or other staff members. Every month there are a large number of nominations, and the selection committee has a very difficult time narrowing it down to one person, she said. For the month of September, 24 nominees were named.

Bowens described the history and significance of the award.

"The DAISY Foundation was formed 15 years ago by the family of James Patrick Barnes. His wife Tina coined the term DAISY, to symbolize 'Diseases Attacking the Immune System.' Patrick was very caring and friendly with a great sense of humor. He had survived Hodgkin's disease twice. When he was admitted to the hospital he was diagnosed with ITP, Idiopathic Thrombocytopenia Purpura. Pat and his wife had just had their first child six weeks earlier. Patrick's family stayed at his bedside and had the opportunity to see the interactions between Patrick and his nurses. His family expected them to provide great clinical

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chological Health, and the Department of Social Work, were among those at the fair.

Sgt. Nina Davis, who works in Nursing Administration, handed out information about a newly established National Capital Region Women's Leadership Forum, a group dedicated to empowering women through mentoring, and educational programs. Davis said she also had a chance to check out other tables, and she learned about services she did not know were available at the medical center, such as BOSS, an Army program that stands for Better Opportunities for Single Soldiers. BOSS supports leadership and pride-in-service initiatives to enhance the development of non-commissioned officers.

"It's beneficial to learn about these opportunities," Davis said. The fair is also good for morale, getting staff to pause for a moment, and "take a breather," she said.

Lee Acker, who works in the

Fleet and Family Support Center, shared the same sentiment. He said he appreciated the chance to educate staff about their services, located in Building 11.

"We're getting the word out about all the services we offer, such as financial counseling, transition assistance, and life skills," Acker said.

During the fair, staff members could also participate in Reiki, a stress reduction technique involving light, still touch in a sequence of hand placements. Fred Kelly, a patient advocate, was among those who signed up for a session.

"It's good to get out of the office. It's good they do this," Kelly said.

He also noted the importance of putting a face to a name — it's helpful to see the people who work at each service, he explained. "People like to see faces," he said.

The next quarterly Prosperity Plan Fair is expected to take place in January. For more information about the Resiliency and Psychological Health Services, email dha.bethesda.ncr-medical.mesg.wrn-m-resiliency@mail.mil.

BLOOD

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- Thursday, Nov. 20: NSWC Carderock, Building 40, 7 a.m. to 11 a.m., West Bethesda, Md. (closed to the general public)

- Monday, Nov. 24: Fort Belvoir USO Warrior and Family Center, 9 a.m. to 2 p.m., Fort Belvoir, Va.

- Tuesday, Nov. 25: Walter Reed National Military Medical Center, Building 9 Mezzanine level, 9 a.m. to 1 p.m., Bethesda, Md.

- Monday, Dec. 1: Marine Base Quantico, Barber Fitness Center, 9 a.m. to 2 p.m., Quantico, Va.

- Tuesday, Dec. 2: Aberdeen Proving Ground, Recreation Center, 9 a.m. to 2 p.m., Aberdeen, Md.

- Wednesday, Dec. 3: Joint Base Myer-Henderson Hall, Base Fitness Center, 9 a.m. to 2 p.m., Fort Myer, Va.

- Monday, Dec. 8: NSA Dahlgren, Dowell Community House, 9 a.m. to 1 p.m., Dahlgren, Va. (closed to the general public)

- Tuesday, Dec. 9: Fort Belvoir, USO Warrior and Family Center, 9 a.m. to 2 p.m., Fort Belvoir, Va.

Military blood program leadership is requesting the recruitment of donors be limited to 150 presenting donors at each challenge drive this year. This will help ensure blood is not over-collected, therefore donors are urged to make appointments early. To help make sure your service takes home the top honors this year, visit www.military-donor.com to schedule an appointment to donate.

"Good luck to both services!" Fahie said. "No matter who takes home the trophy on game day, remember that the real winners are the recipients of the blood you donated. Your donation truly is lifesaving."

For more information about any of the blood drives participating in the challenge, contact Vikki Fernetto, ASBP blood donor recruiter for the Armed Services Blood Bank Center in Bethesda, Md., at 301-295-2109 or victoria.l.fern timer.civ@mail.mil.

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WARRIORS

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tion helping make Walter Reed [Bethesda's] Rehab program unequaled in quality. Your contributions have had direct impact on patient's physical function, morale and self-worth which was directly related to a successful rehabilitation and a lasting impact on our Soldiers, Veterans and the United States Army."

"Being a prior Soldier myself, I always have in the back of my head the roles could have been switched around," said Naranjo, who is often seen working with wounded warriors in the Military Advanced Training Center, or MATC, at Walter Reed Bethesda with Deuce, his chocolate Labrador retriever and therapy dog.

Naranjo works primarily with service members who have amputations as a result of combat-related injuries. He coordinates adaptive sports programs for patients in WRNMMC's Department of Rehabilitation, communicating with multi-disciplinary teams and the Warrior Transition Brigade leadership about activities to best benefit wounded warriors and other patients in their rehabilitation.

"Occupational therapy is teaching your patients to return to their life functions; to go from injury back to independence," Naranjo explained.

"For me, it's not a job," he continued. "You're not only taking care of the service member, but you're taking care of his or her family as well. You're seeing service members grow; get married; get new jobs; have kids; and just get on with life in general. I enjoy caring for our heroes and watch them prosper post injury."

Naranjo explained his passion for caring for service members and serving his country come from his parents. "My parents emigrated here from Ecuador, and they were able to provide a better life for me and my siblings. We owe a lot to this country and those who serve to protect it.

"I was an Army Reservist who swore into the Army at Fort Hamilton, N.Y., on Sept. 11, 2001, as our country was being attack," Naranjo added. "I was immediately activated post boot camp and advanced individual training, and arrived at the former Wal-

ter Reed Army Medical Center (WRAMC) in April of 2002, and served 18 months [in uniform] there."

During those 18 months at WRAMC in uniform, Naranjo was an occupational therapy assistant. After completing his active duty commitment, Naranjo remained at WRAMC as a civilian occupational therapy assistant. He completed his reserve commitment in June 2009.

In 2006 while still at the former WRAMC, Naranjo was joined on the job by Deuce, then about 1-year-old. Deuce was one of the first therapy dogs assigned to a U.S. military hospital at the time.

"We had just started a program where we take our service members to ride horses as part of their therapy to work on their core ... while we were there, they had some dogs running around in the barn," Naranjo said. "I just saw how our guys, how our patients, opened up to the dogs and all of a sudden you saw these tough guys just totally melt.

"I thought, 'Wow, what a wonderful thing if we can get one of these dogs for the clinic,' and I said it out loud. There happened to be a retired Army veterinary officer there who overheard me, and he started asking me all these questions and before I knew it, I was getting a dog."

Some of the services Deuce has performed on the job include walking with patients who are missing legs, both to encourage them to get out and get accustomed to walking dogs they might already have or acquire; playing fetch with patients who are missing arms so they can learn how to use their prosthetics and throw the ball; and letting patients lean on him for balance during therapy exercises.

Naranjo added Deuce "loves interacting with the patients and really being involved with everything we do."



Photo by Mass Communication Specialist 2nd Class Christopher Krucke

Harvey Naranjo, adaptive sports specialist and occupational therapy assistant at Walter Reed Bethesda, works with wounded warriors and their families at Walter Reed Bethesda. "My job is to rehab heroes," he says. "I'm fortunate to get to do that every day," he adds.

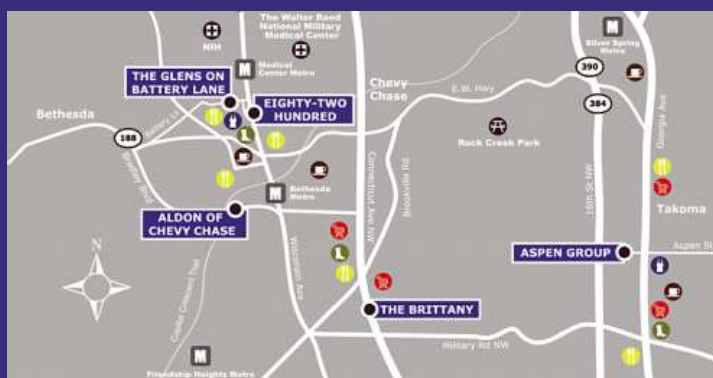
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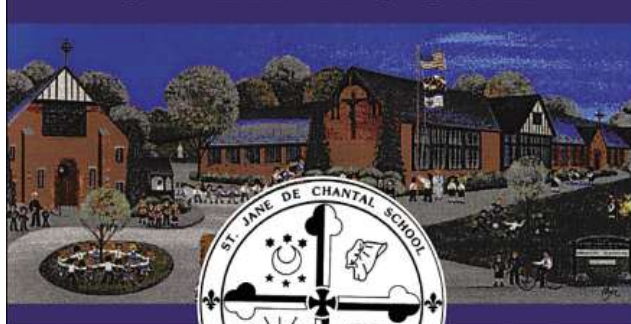
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DAISY

Continued from pg. 7

care but, 'what we did not expect was the way his nurses delivered that care,' they explained," the Navy captain said.

When Patrick died at age 33, the family felt compelled to symbolize their profound gratitude for the exceptional care the nursing staff gave them with the DAISY Award, she said. Today, there are nearly 2,000 health-care facilities nationally that honor nurses with the DAISY Award, Bowens explained.

"How incredible is it to know that 40,000 nurses have been honored and over 400,000 nurses have been nominated. I just think that's incredible. To imagine that so many families and patients and co-workers took the time to nominate and to point out and identify nurses that went above and beyond," Bowens added.

She presented a certificate, pin and the DAISY Award, a unique, hand carved sculpture called the 'Healer's Touch,' to Medina.

"With deep appreciation for all you do, who you are and the incredible meaningful difference you make in the lives of so many people," Bowens told Medina as her colleagues cheered.

Carved from Serpentine stone, a mineral from Zimbabwe, the award is carved specifically for the DAISY Award. To recognize nursing care excellence as a team

effort, the DAISY Award Committee brought cinnamon rolls for Medina and her 5-East colleagues.

Julius Adejola is a licensed practical nurse who has worked with Medina for two months.

"Even when she first started she had this enthusiasm of doing things, you don't have to remind her to get her stuff done, once you do it, even before she comes back to you, she's already documented it in the system," Adejola said. "[She] makes the nurse's job so easy. I always look forward to working with her."

Medina, who hails from Winnie, Texas, will celebrate the first year of her Navy career in November. She hopes to go on to earn her nursing degree and eventually become an officer. The young Sailor explained why she likes nursing.

"I just like helping people. Even when I was in high school, I always wanted to help people and I looked in the medical field. I love helping people, and I love my job — I love doing this," said Medina, who added that receiving the DAISY Award helped to affirm her as well as her choice of career.

"I didn't know I made such a big impact on people," said the young Sailor who is the second oldest in a family of six children. She is the first in her family to join the military.

"My little sisters look up to me," Medina said. "My little sister [Cassie] is 3. She gets her back pack and says she's going to the Navy like her big sister."

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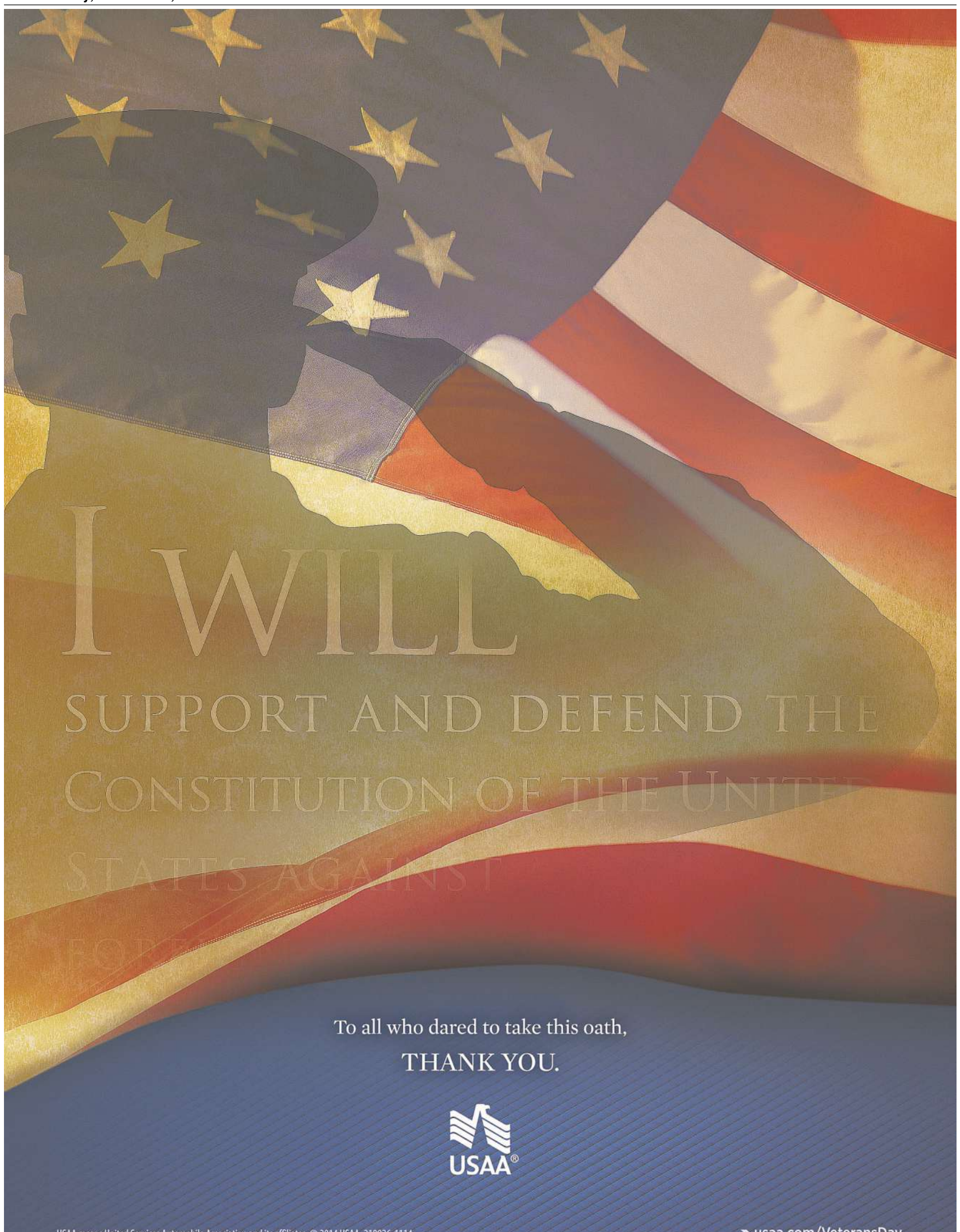
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